

## CCHC LESSON PLAN FOR CHILDREN'S HEALTH PROMOTION

Presentation Title: Friends with Food Allergies

Submitted by (LPHA name or DHSS): St. Charles County Dept. Of Public Health

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Learning Objective(s):

- Children will learn about common food allergies, and how to empathize with friends who have them.
- Children will learn about not sharing food with friends with food allergies.
- Children will learn about washing their hands after eating foods that others are allergic to.
- Children will learn what to do if a friend starts having an allergic reaction

Presentation Outline (not to exceed 30 minutes):

Ask children if they know what a food allergy is. Also ask if anyone in the room has a food allergy or knows someone who has a food allergy.

Discuss the common food allergies:

- Peanuts
- Wheat
- Eggs
- Milk
- Shellfish(shrimp, lobster and crab)
- Tree Nuts(walnut, almond, hazelnut, cashew, pistachio and Brazil nuts)
- Soy
- Fish

Discuss how anyone can develop a food allergy.

Have a brief discussion about what it might feel like to have a food allergy:

- What do you think it would feel like if you couldn't eat something that everyone else is eating?
- How would you feel if you had a food allergy and your friends teased you about it?

Discuss how important it is to not share your food with friends because they may be allergic to it.

Discuss good hand washing after eating and why it is so important.

Discuss symptoms of what a friend may experience during an allergic reaction (Anaphylaxis):

- Hives( itchy red bumps)
- Swelling of lips and/or tongue
- Trouble breathing
- Trouble swallowing
- Stomach pain, nausea and vomiting

Discuss how to help a friend if you notice they are having an allergic reaction:

- Ask if they need help
- Get a teacher ( so they can give an epinephrine shot)

Read a story or play a video about food allergies

Play red light, green light game with food. Have pictures of food items that are food allergy safe, might be unsafe and are unsafe.

Resources used (story books, video, props):

NOTE: VIDEO PORTION MUST NOT EXCEED MORE THAN HALF OF TOTAL TIME OF PRESENTATION

**"The BugaBees: Friends with Food Allergies" Book by Amy Recob**

**Kyle Dine & Friends- Allergy Awareness For Kids <https://www.foodallergyvideo.com/>**

Children's Health Promotions are developed utilizing best practice references such as the "Kansas and Missouri Core Competencies for Early Childhood and Youth Professionals" (Content Area V: Health and Safety), and the National Health and Safety Performance Standards, "Caring for Our Children." Consultants developing new lessons for children's health promotions should use this template and submit to the CCHC Program Manager for approval. Health Promotion Lesson Plans already approved by the CCHC Program Manager are approved for use by any contracting LPHA. Approved lesson plans are reviewed by the CCHC Program Manager at a minimum of every three years, and are therefore considered approved if in circulation until otherwise instructed by the CCHC Program Manager.